



Pantry Partner

C / O North Dakota Community Action Association

America the Beautiful

The North Dakota Community Action Association (NDCAA) received a grant from America the Beautiful Fund. And received FREE SEEDS for community planting projects.

These are 2003-2004 seeds with germination rates of 90-95%.

Also, 2005 marks the 40th Anniversary of America the Beautiful Fund and the 25th Anniversary of the Free Seed Program.

If your pantry or organization is interested in receiving seeds please contact Ann Pollert at 701-232-2452 or 1-800-726-7960 and a variety of seeds will be mailed out to you.



HAPPY SPRING!



On The Road Again . . .

When traveling or picnicking away from home, it's important to take along the basic food safety necessities and follow these helpful tips:

- If water for handwashing is not available, take along disposable wipes.
- Like all perishables, eggs need to be kept cold. When hosting an outdoor celebration, store cold egg dishes in the cooler, along with a cold pack or ice.
- When traveling, transport the cooler in the air-conditioned passenger compartment of your car, rather than in a hot trunk.
- Don't let egg dishes sit out for more than 2 hours. On a hot day (90° F or higher), reduce this time to 1 hour.

If you have questions or concerns about food safety, contact: The **U.S. Department of Agriculture (USDA) Meat and Poultry Hotline** at (800) 535-4555. or **Fight BAC!**®

Web site at: www.fightbac.org

Cook and Keep Cool . . .

- Bacteria can multiply in moist foods, including desserts and salads containing high-protein foods. Refrigeration *slows* bacterial growth, so it's important to **refrigerate eggs and egg-containing foods**.
- **Remember the 2-Hour Rule:** Don't leave perishables out at room temperature for more than 2 hours. Bacteria love to grow in protein-rich foods.
- Whether you like your breakfast eggs scrambled or fried, always **cook eggs until the yolks and whites are firm**.
- Tasting is tempting, but **licking a spoon or tasting raw cookie dough from a mixing bowl can be risky**. Bacteria could be lurking in the raw eggs.
- **Cook cheese cakes, lasagna, baked ziti, and egg dishes to an internal temperature of at least 160° F.** Use a food thermometer to check.

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National Volunteer Week April 17 - 23

Simply Volunteer Recognition Ideas



A Cracker Jack idea...:
box of Crackerjacks

Thanks for raisin' the
tough questions...: a
mini-box of raisins

No one holds a candle to
you...: scented votive or
birthday candle

You are a lifesaver...: roll
of Lifesaver candy

You are the apple of my
eye...: real or artificial
apple

Many motivated and
marvelous volunteers...:
M&Ms

You take the cake...:
cupcakes

Thanks for working your
buns off...: hot-cross
buns or cinnamon rolls

You are "berry" spe-
cial...: fresh berries or
jam

I'll stick with you...: stick
of gum

Thanks for sharing your
creative juices...: box of
juice

Thanks for rising to the
expectations...: packet of
yeast

Source: [http://www.usta.com/
communitytennis/fullstory](http://www.usta.com/communitytennis/fullstory)

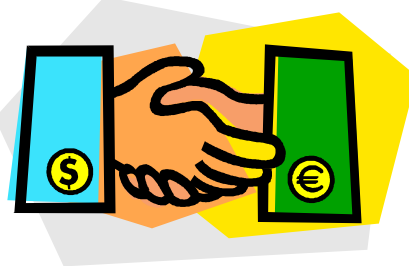
The History

National Volunteer Week began in 1974 when President Richard Nixon signed an executive order establishing the week as an annual celebration of volunteering. Since then, every U.S. President has signed a proclamation promoting National Volunteer Week. Additionally, governors, mayors and other elected officials make public statements and sign proclamations in support of National Volunteer Week.

Recognizing your volunteers helps convey the important role they play in your agency and is a key to their retention.

While many volunteers are not motivated by recognition, the time, effort and talents provided by your volunteers should not be taken for granted. Recognition need not to be time consuming or expensive to be meaningful.

Take this week to appreciate your volunteers and all that they do for you. Also appreciate yourselves, as many of you are volunteers too!



**Volunteers are not paid – not because they are worthless,
but because they are priceless!**

Volunteer Facts

IN 2003: 63.8 MILLION Americans volunteered!

25.1% were men
32.2% were women
29.5% were teens and college students
volunteers averaged 52 service hours a year
[http://www.uaf.edu/volunteer/
facts.html](http://www.uaf.edu/volunteer/facts.html)

Nationally

44 percent of adults volunteer.
83.9 million American adults volunteer, representing the equivalent of over 9 million full-time employees at a value of \$239 billion.

[http://www.independentsector.org/
programs/research/gv01main.html](http://www.independentsector.org/programs/research/gv01main.html)

The estimated dollar value of volunteer time is \$17.55 per hour for 2004. The value of volunteer time is based on the average hourly earnings of all production and nonsupervisory workers on private nonfarm payrolls (as determined by the Bureau of Labor Statistics).

http://www.independentsector.org/programs/research/volunteer_time.html

Making it Happen!

Making it Happen! is a joint project of USDA's Team Nutrition and the Department of Health and Human Services' Centers for Disease Control and Prevention - Division of Adolescent and School Health (DASH) and is supported by the Department of Education. It was undertaken as part of the HealthierUS initiative.

Poor eating habits, along with physical inactivity, contribute to obesity and other serious health problems. In the past 20 years, the prevalence of overweight has more than doubled among American children and tripled among adolescents. Concern has been raised about the nutritional quality of foods and beverages sold in schools outside of federally regulated meal programs. The good news is that many schools are making changes that make healthy choices the easy choice for students.

Making It Happen begins by describing the importance of healthy eating for young people and how schools can support good nutrition, and provides information on the change process and school nutrition policies.

Making It Happen! describes six different approaches that schools and school districts can use to successfully improve the nutritional content of foods served to students such as marketing the healthy food choices and using fundraising activities and rewards that support student health. The release of *Making It Happen* is well-timed to help local education agencies develop wellness policies for schools that are now required by law under the Child Nutrition and WIC Reauthorization Act of 2004.

To read more about MAKING IT HAPPEN visit:
http://www.fns.usda.gov/tn/Healthy/execsummary_makingithappen.html



Fundraising Idea Corner

- Employees pay to wear jeans or have casual Friday. This is very common in a lot of places. Ask other businesses or employers in your community to start a program for proceeds to go to your pantry.
- Pretty baby contest, people pay to vote on cutest baby. Parents and Grandparents love to "show off" their babies!!
- Bake sale- a very traditional idea that can generate great dollars.
- Naked Turkey- dress up turkeys with paper feathers. Charge \$1.00 per feather. This is a great idea for Thanksgiving and a great way for schools and community centers to decorate their hallways. Not to mention a great way to generate dollars to restock your cupboard after the holidays.
- Get the flower shops involved! 2+10=12. 2 cans of food plus \$10.00 will give you a dozen roses. Great idea for Valentines Day next year.

Nominate an outstanding Older Worker for Experience Works Prime Time Awards

Do you know of an Older Worker at least 65 years of age and be working at least 20 hours a week in paid employment that is not part of a subsidized employment program funded through local, state or national government support programs? Are they willing to travel to Washington, D.C., for Prime Time Awards events the week of September 26th? If you answered YES...

Nominate a person who is an Outstanding Older Worker in your state, DC and Puerto Rico and/or for the person who you think is America's Oldest Worker. The nomination can be made by anyone: an employer, coworkers, family members, or the nominee themselves.

Submit a completed application form by May 31, 2005. You may add extra sheets if necessary. The application may be submitted online at the address listed below. <http://www.experienceworks.org/primetime/nomination.html>

If selected, honorees will be invited to Washington, D.C., in September 2005, to take part in events, including a news conference, meetings with legislators, and a recognition ceremony.

The Experience Works Prime Time Awards Program is a yearlong, national program launched in 1998 to recognize the contributions and accomplishments of senior workers.

These ideas were submitted by Ethel Day, President of the Oakes area Food Pantry. Through these projects \$1244 were generated along with food items to fill their shelves.

Thank you for sharing Ethyl. I encourage others to share their fundraising ideas.



Time Saving Tip!

Have the kids get involved in picking up the

house each evening. It will be fun for them and save you some time!

10 Minute Pick-Up - Schedule a consistent, '10 minute Pick-up' each night. Set a timer to sound an alarm in 10 minutes.

While the clock is ticking, family members are responsible for clearing out and putting away their belongings from the main family area.

When the timer sounds, you're all done. Give yourselves a warm round of applause for all you've accomplished.

3-A-Day Grant Now Available

3-A-Day of Dairy Nutrition Education Grants Due May 13, 2005
National Dairy Council Purpose America's low calcium intake is recognized as a major public health problem. To address this concern, the National Dairy Council will award grants in the amount of \$5,000 each at a state/regional basis to organizations/individuals proposing innovative, community-based nutrition education programs aimed at empowering kids to become advocates for healthy eating, including three servings of dairy a day, and an active lifestyle, which contribute to a healthy weight.
Go to: <http://www.nationaldairycouncil.org/nationaldairycouncil/aboutus>; look to your left under Health Professional Resources; scroll to 3 A Day of Dairy.



Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- | | |
|--|--|
| <input type="checkbox"/> Community Action | <input type="checkbox"/> Food Gleaning |
| <input type="checkbox"/> Food Dialog Workshop | <input type="checkbox"/> Grant Opportunities |
| <input type="checkbox"/> Other: please specify | <input type="checkbox"/> Food Needs Assessment Study |

- ☐ I would like to contribute a story, or news bit for the next newsletter. Please contact me.

NAME _____

ADDRESS _____

PHONE _____

Comments:



MAY IS NATIONAL COMMUNITY ACTION MONTH

National Community Action Month was created in May 1997 as "National Community Action Week" and later became "National Community Action Month".

Community Action Agencies are located throughout the nation. In North Dakota there are agencies in all 8 regions covering all 53 counties throughout the state.

For more information on the agencies in your area please visit the www.ndcaa.org or contact the North Dakota Community Action Association at 701-232-2452 or 1-800-726-7960.

C/O North Dakota Community
Action Association
3233 South University Drive
Fargo, ND 58104-6221



Using Natural Cleaners... Just makes Cents!

Vinegar

Uses:

Vinegar naturally cleans like an all-purpose cleaner. Mix a solution of 1 part water to 1 part vinegar in a new store bought spray bottle and you have a solution that will clean most areas of your home. Vinegar is a great natural cleaning product as well as a disinfectant and deodorizer. Always test on an inconspicuous area.

It is safe to use on most surfaces and has the added bonus of being incredibly cheap. Improperly diluted vinegar is acidic and can eat away at tile grout. Never use vinegar on marble surfaces. Don't worry about your home smelling like vinegar. The smell disappears when it dries



Lemon Juice

Uses:



Lemon juice is another natural substance that can be used to clean your home. Lemon juice can be used to dissolve soap scum and hard water deposits.

Lemon is a great substance to clean and shine brass and copper. Lemon juice can be mixed with vinegar and or baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut

section. Use the lemon to scrub dishes, surfaces, and stains. Mix 1 cup olive oil with ½ cup lemon juice and you have a furniture polish for your hardwood furniture.

My favorite use for the fruit is to put a whole lemon peel through the garbage disposal. It freshens the drain and the kitchen. Orange peels can be used with the same results.

Baking Soda

Uses:

Baking soda can be used to scrub surfaces in much the same way as commercial abrasive cleansers. Baking soda is great as a deodorizer. Place a box in the refrigerator and freezer to absorb odors. Put it anywhere you need deodorizing action. Try these three kitchen ingredients as natural cleaning products in your home.



Did you
know



North Dakota


- The largest hamburger on record was made in Rutland, North Dakota in 1982. It weighed 3,591 pounds and fed almost 8,000 people.
- Milk is the official state beverage of North Dakota.
- North Dakota grows more sunflowers than any other state.

<http://www.foodreference.com/html/fnorthdakota.html>

Minnesota

- The blueberry muffin is the official muffin of Minnesota.
- Wild rice is Minnesota's official state grain.
- Minnesota Inventions: Wheaties cereal, Bisquick, the bundt pan, and Green Giant vegetables
- Alexander Anderson of Red Wing, Minnesota developed the processes to create puffed wheat and puffed rice.
- Minnesota and North Carolina are the leading turkey producing states, with each producing about 44 million turkeys.

<http://www.foodreference.com/html/fminnesota.html>



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WE'RE ON THE WEB!
WWW.NDCAA.ORG

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